

# EVENT CALENDAR

MAY

11

Sat  
2:00pm  
to  
3:00pm

## Inflammation 101

*by Yolanda Calle* Sponsored By: Natural Grocers

Discover the good, the bad, and the ugly sides of inflammation. Although chronic inflammation may go unnoticed, there are diet, lifestyle, and environmental choices you can make in your everyday life that have the power to tame your internal flame and support a balanced inflammatory response. Learn how to calm the fire within.

AUG

24

Sat  
4:00pm  
to  
5:00pm

## Kids Class: Nutrition 4 the Win!

*by Yolanda Calle* Sponsored By: Natural Grocers

Hey, kids and parents! Come see how fun and easy nutrition can be! Discover how the food you eat feeds your muscles, heart, bones and brain. Build a better plate with tasty treats and fun activities! Parents/caregivers—please stay and play. We can all win when it comes to nutrition! Encouraged for kids ages 4-12.

JUN

12

Wed  
5:00pm  
to  
6:00pm

## Pregnancy Nutrition for Mom & Baby

*by Yolanda Calle* Sponsored By: Natural Grocers

Pregnant or planning on it? Join us to learn about the power of food for promoting optimal health for mom and baby. We'll discuss foundational principles for a healthy diet, emphasizing whole, real food and support healthy blood sugar balance. Next, we'll cover specific nutrients, supplements, and pregnancy-supportive herbs, as well as natural tips for morning sickness. We'll also look ahead to lactation nutrition!

JUL

11

Thu  
5:00pm  
to  
6:00pm

## Cravings, Weight Gain, & Blood Sugar

*by Yolanda Calle* Sponsored By: Natural Grocers

Achieving your healthiest weight is not about dieting or even pure willpower, but rather understanding how certain foods affect blood sugar levels and appetite. Learn how nutrient-dense meals support healthy metabolism and which nutrient supplements support healthy blood sugar levels and appetite control.



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FREE REWARDS PROGRAM TODAY!\***



## **NUTRIENT TO KNOW ABOUT: QUERCETIN**

# **THE RESPIRATORY ROCKSTAR\*\***

**By supporting immune competence, quercetin promotes respiratory comfort and health during a change in seasons and year-round.\*\***

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\*\* These statements have not been evaluated by the FDA. These statements are not intended to diagnose, treat or prevent any disease.